

# 2010 CA State Championships

## Saturday, May 15, 2010

8:30 AM	9:00 AM	Doors Open
9:00 AM	9:30 AM	Session A General Warm Up
<b>9:30 AM</b>	<b>9:45 AM</b>	<b>Opening Ceremonies</b>
<b>9:45 AM</b>	<b>11:15 AM</b>	<b>Session A</b> Level 4 (MXP 11U; WG 11U) Level 5 (WP 11U) Level 6 (WP 11U, 15-16, 17+; MXP 12-14, 15-16; WG 12-14) Level 7 (WG 17+)
11:15 AM	11:45 AM	Session B General Warm Up
<b>11:45 AM</b>	<b>1:00 PM</b>	<b>Session B</b> Level 7 (WP 11U, 15-16) Level 8 (WP 12-14, 15-16 Balance) Level 8 (WG 12-14, 15-16 Dynamic) Level 10 (WG Dynamic)
1:00 PM	1:30 PM	Session C General Warm Up
<b>1:30 PM</b>	<b>2:45 PM</b>	<b>Session C</b> Level 8 (WP 17+, MXP 17+ Dynamic) Level 8 (WG 17+ Balance) Level 9 (WP 17+; MP 17+; MXP 16U Dynamic) Level 9 (WG 16U, 17+ Balance) Level 10 (WG Balance) Jr 11-16 (WP, MXP Balance)
<b>2:45 PM</b>	<b>3:15 PM</b>	<b>Sessions A &amp; B Awards Ceremony</b>

## Sunday, May 16, 2010

8:30 AM	9:00 AM	Doors Open
9:00 AM	9:30 AM	Session D General Warm Up
<b>9:30 AM</b>	<b>9:45 AM</b>	<b>Opening Ceremonies</b>
<b>9:45 AM</b>	<b>11:15 AM</b>	<b>Session D</b> Level 4 (WP 11U) Level 5 (WP 12-14; WG 11U) Level 6 (WP 12-14) Level 7 (WP 12-14; WG 12-14)
11:15 AM	11:45 AM	Session E General Warm Up
<b>11:45 AM</b>	<b>1:00 PM</b>	<b>Session E</b> Level 7 (MXP 12-14, 17+; WG 15-16) Level 8 (WP 12-14, 15-16 Dynamic) Level 8 (WG 12-14, 15-16 Balance)
1:00 PM	1:30 PM	Session F General Warm Up
<b>1:30 PM</b>	<b>2:45 PM</b>	<b>Session F</b> Level 8 (WP 17+; MXP 17+ Balance) Level 8 (WG 17+ Dynamic) Level 9 (WP 17+; MP 17+; MXP 16U Balance) Level 9 (WG 16U, 17+ Dynamic) Level 10 (WG Combined) Jr 11-16 (WP, MXP Dynamic)
<b>2:45 PM</b>	<b>3:15 PM</b>	<b>Sessions D, E &amp; F Awards Ceremony</b>

The above times are approximate. Sessions may start earlier than anticipated. Coaches, please have your athletes on site at least 45 minutes prior to scheduled warm-up and award ceremonies.